

PREVENTIVE HEALTH GUIDANCE FOR OLDER CHILDREN

11-14 YEARS

NUTRITION

- eat 3 meals/day with at least
- one family meal a day
- nutritious snacks rich in carbohydrates; limit high-fat and low-nutrient foods, e.g., candy, chips
- increase fruits, vegetables, grain products
- choose wisely in school cafeteria
- females: weight issues; calcium, iron

PHYSICAL ASSESSMENT

- determine BMI (body mass index)
- note: scoliosis, acne, caries, evidence of abuse
- evaluate Tanner stage
- females: pelvic exam, if sexually active examine for condyloma/lesions
- males: examine for hernias, condyloma/lesions testicular exam

INJURY PREVENTION

- no alcohol; don't ride with drivers who have been drinking
- avoid drugs, steroids, diet pills
- wear seat belts: do all family members use seat belts?
- use sunscreen when out-of-doors for long time
- use helmet when on motorcycle or bicycle
- wear mouth guard/face protector when playing sports
- avoid high noise levels, e.g., music headphones
- have smoke detectors in home
- do not carry a weapon or remain around others with guns
- seek help if you fear you are in danger, if you are physically or sexually abused
- learn to protect self from physical/sexual/emotional abuse
- resolve conflict without violence

SEXUALITY

- who is supportive person for accurate info on sex?
- discuss safe or safer sex - limit # of partners, use latex condoms and other barriers correctly
- boys need to know they are equally responsible for sexual activity consequences
- need understanding of sexual behaviors, e.g., masturbation, homosexual encounters, sex dreams
- need understanding that normal sexual development includes interest and curiosity about members of the same sex
- encourage abstinence; learn ways to resist sexual pressure

SCHOOL ISSUES

- continued peer pressure
- more time spent with peers
- become responsible for own attendance, homework and course selection
- think about/discuss college options, vocational training and other choices

SOCIAL/PEER ISSUES

- experimentation essential for growth may lead to risky behavior
- learn to say no to peers with risky behaviors
- conflict, violence issues
- copycat behavior
- depression/stress
- suicidology

HEALTH HABITS

- avoid tobacco use; discuss smoking cessation if necessary
- avoid alcohol
- schedule dental appointment every 6-8 months
- brush teeth 2x/day and floss
- review dental emergencies that may result from sports injuries
- learn about STDs and AIDS
- teach proper use of corrective devices glasses, contacts, hearing aids

FAMILY ISSUES

- balance between peer values and family values
- individual time - families need to be involved on a daily basis
- support school work
- limit television to average 1 hour/day & monitor/discuss TV programs; encourage other activities
- discuss/determine allowance
- assess violence potential; handle anger appropriately
- witnessing of family violence

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